Hi there!

If you are anything like me you are counting down the days until our epic adventure at Beqa Lagoon, Fiji, especially as the temperature drops here in Colorado.

As part of my preparations, I am creating packing lists to make sure that I don’t forget anything and don’t overpack. I thought that I would share my lists with you and shamelessly plug the products that you can pick up here at Planet Scuba, Castle Rock : ) Now, I am no expert in packing but, having spent the majority of my life as a commercial airline pilot, I have packed a bag or two, sometimes for 3 weeks at a time when I was based in Asia and commuting both ways. Additionally, I will add a few of the tips I picked up along the way.

Preparation, as in most things, is key to having a smooth journey starting with your cabin bag.

**The Cabin Bag** (check the airline to make sure your bag size is cabin compliant and that it has a few external pockets, it’s a long flight, make sure you have your essentials on hand).

Hopefully this will keep you under the weight limit, you can always purchase items that you find you might need locally (toothpaste, shampoo, etc.), my motto has always been…” have credit card, will travel”

**CHECKLISTS**

External Pockets

\_\_\_ Laptop/iPad/phone and chargers

(pick one if able, if you aren’t working your phone is a good multitasker)

\_\_\_ Travel documents

(you aren’t going anywhere without your passport or travel documents)

Inner compartment

\_\_\_ Socks or compression socks

(warm feet will help you sleep better; I travel in my socks to leave room in my bag; [compression socks](https://a.co/d/b9rbrjs) are a lifesaver for me!!)

\_\_\_ Neck pillows

(comfort is key)

\_\_\_ Noise cancelling headphones/ear buds

(while I love the ambient noise of aircraft engines chatty travelers and crying babies are not my favorite)

\_\_\_ Eye mask

(shutting out light is key to good sleep)

\_\_\_ Water bottle

(hydrate without disturbing your traveling companions, I use these [collapsible water bottles](https://a.co/d/8ATTNKL) which I find fit very well in seatbacks vs the round ones)

\_\_\_ Sarong/large scarf

(flight attendants have no control over the cabin temperature and the pilots have no idea what it feels like in the back, and this can double when you travel to the village to cover shoulders/knees)

\_\_\_ Clean undies

(in case your luggage is delayed)

\_\_\_ Book

(better than screen time when trying to sleep and the flight attendants will love you if you leave it on the plane)

\_\_\_ Earplugs

(back to noisy people)

\_\_\_ Moisturizing face mask

(Sephora is a great place pick up two small face mask packets – 1 each way)

\_\_\_ Face wipes

(take that make-up off before catching some zzzzz’s)

\_\_\_ Toothpaste and toothbrush

(a courtesy to those around you; I use these [travel ones](https://a.co/d/b9rbrjs) no water needed!)

\_\_\_ Medications (don’t forget your evening/morning pills that you usually take)

\_\_\_ Snacks (I am a proud caffeine addict and I bring [Clif chews](https://a.co/d/cjqe421) along with protein bars)

**Clothes**

\_\_\_ Undies x3

(2 a day and one drying in the shower)

\_\_\_ Bras x1

\_\_\_ Sports bras x3

(I use a sports bra and bikini bottoms to dive in)

\_\_\_ Swimsuit x 1

(for lounging by the pool)

\_\_\_ Leggings x 2

(I use u/v leggings, a long sleeve shirt and neck gaiter to snorkel, In store WanderLust, leggings/shirt, $45.00 each)

\_\_\_ Cotton tops x 1

(1 is part of my travel outfit)

\_\_\_ T-shirts x 1

(for sleeping and casual wear)

\_\_\_ Sundress/cover up

(over bathing suit)

\_\_\_ U/V long sleeve shirts x 3

(daytime wear, in store Wander Lust $45.00)

\_\_\_ Hat x 1

(rollable)

\_\_\_ Shorts/skirt x 1 of each

(remember that excursions into villages require shoulders and knees to be covered)

\_\_\_ Shoes x 2

(flip flops and water shoes such as Keens)

\_\_\_ Long pants x 2

(travel outfit, light weight nylon fabric)

\_\_\_ Sunglasses x 1

\_\_\_ Neck buff x 1(In store $10.00 and up)

\_\_\_ Pajamas x 1

**Toiletry Bag** (zip lock bags are perfect)

\_\_\_ Toothbrush, floss and toothpaste (can pack this in your cabin bag)

\_\_\_ Small hairbrush (cabin bag)

\_\_\_ Moisturizer (In store - Stream2Sea Super hydration squalane $18.95)

\_\_\_ Daily tinted 20 spf sunscreen (In store – Stream2Sea Tinted Sport 20 spf $26.56)

\_\_\_ Water sport 30 spf sunscreen (In store- Stream2Sea $19.95)

\_\_\_ Conditioner (Stream2Sea $18.90)

\_\_\_ Chapstick/lip balm with spf

\_\_\_ Deodorant (travel size)

\_\_\_ Insect repellent (wipes)

\_\_\_ Contacts/prescription eyewear

\_\_\_ Razors (bring disposable one then you don’t need to bring it back)

\_\_\_ Prescription meds and any over the counter meds (pain relievers like advil/tylenol, stomach meds (immodium, pepto, dramamine, etc.), ear drops not a bad idea either and anything else you usually find yourself needing!!)

**Ladies with long hair…this is my regime (the only time I “do” my hair is for diving!!)**

1. Wet hair in the morning with fresh water from your shower
2. Put in Stream2Sea leave in conditioner and comb through
3. Spray [coconut oil](https://a.co/d/3vzWdfU) throughout hair and comb through (heavier on the areas closest to face)
4. I can’t braid hair (see note above about never “doing” my hair!) so I do [bubble braids](https://i.pinimg.com/originals/3b/01/82/3b0182516890cd57f8d2ac2523875c27.jpg) making sure as I grab each section I add conditioner/coconut oil if it isn’t permeated
5. One last spray of coconut oil on the hairs around my scalp line
6. On the boat I bring a small hairbrush and travel detangler spray so I can brush it out before hitting the shower when I get back!

**Dive Bag** (multiple bags in store $200-$400)

\_\_\_ Mask (In store $100-180)

\_\_\_ Fins (In store $90-245)

\_\_\_ Snorkel (In store $30-90)

\_\_\_ Booties ($45-85)

\_\_\_ Wet suit (In store or special order, 3mm Bare $200-varies)

Extra thermal protection, Exo Wear; in store $50-175)

\_\_\_ BCD (Consider the travel friendly Aqua Lung Rogue $649, in store)

\_\_\_ Regulator (In store-various)

\_\_\_ Depth/Pressure gauge (In store and special order consol or….dive computer and tank pod)

The best way to save space and weight-dive computer and tank pod!

Dive computer (In store and special order $299.99 – 1800)

Tank pod (In store and special order $439.95 and up)

\_\_\_ Hose holder (Don’t be that person…. preserve the reef, in store $14.80)

\_\_\_ DSMB (Be seen in the water, in store $40 and up)

\_\_\_ Finger spool (In store $17.00 and up)

Consider the Dive Alert (In store $100 and up)

\_\_\_ Microfiber towel (you can bring your own, boats do have towels available too (in store $20.00))

\_\_\_ [Lycra dive socks](https://a.co/d/iZiqJtq) (even though I wear booties I use these too – no one likes dive toes!!)

\_\_\_ Mask defogger (various options in store, or baby shampoo works)

\_\_\_ Dry bag for taking items onto the boats (various options in store)

\_\_\_ Carabiners/clips (various options in store)

**Long Haul Strategies – Surviving the flight**

If you are anything like me you want to hit the ground running (at least not feeling groggy), and good rest is the best way to help with jet lag.

Have an onboard routine:

1. Settle into your seat and have onboard necessities under seat
2. Catch up on a show or movie, I’ve recently started listening to downloaded audiobooks which help to put me to sleep 😊
3. Light snack
4. Drink plenty of water
5. Clean face/brush teeth
6. Set up neck pillow and eye mask
7. Read until sleepy
8. Sleep

Just before breakfast (don’t block the aisle during breakfast service)

1. Clean face/brush teeth
2. Breakfast
3. Face mask if you’re using one
4. Makeup
5. Pack items used during flight
6. Have a great day!!